

# OnTrak™ Program - Live Healthy



OnTrak is personalized just for you. It's designed for people who want to live better and get the most out of life. If you want to improve your overall health, OnTrak may be able to help.

## How We Help

Our mission is to support you in reaching your goals for health and well-being. OnTrak has helped many people feel better. We are here to help you too.

The OnTrak program is a team effort. As an OnTrak member, you receive:

**Individual Care Coaching by a Nurse** – Your nurse Care Coach will listen to you and support you with compassion and without judgment. Your Care Coach is always there to encourage you toward your goals.

**One-on-one Counseling** – Your counselor will work with you on what is most important to you. You may choose to focus on improving your relationships. You might learn to better sleep or manage your time. Or, explore keeping fit and addressing your health concerns. You may discover new ways to face challenges and manage difficult situations.

**Specialist Visits** – If recommended, you may visit an OnTrak doctor or dietitian for certain conditions.

OnTrak is designed for you. It's confidential and convenient. You complete the program at your own pace, on your own time.

## Want to be happier with your quality of life?

The OnTrak program may be your answer.



**1-866-517-1417**

**stayontrak.com**

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Note: OnTrak is available to eligible members of select health plans. If your membership with your health plan ends, you will no longer be eligible for the OnTrak program and services.